



# Taming the Snack Monster...

## What is it?

Parents come together at an already scheduled event such as school open house, parent/teacher conferences, or a PTA/PTO meeting, and take part in a fun, hands-on workshop where they learn about, prepare, and sample nutritious, great-tasting after school snacks.

## Getting started

Form a planning committee to help organize the workshop. Include your foodservice director and anyone else who might be interested in helping to plan or conduct the workshop, such as your school nurse, an interested teacher, a parent, someone from your PTA/PTO, your school health coordinator, a community health/nutrition specialist, and a home economics or life skills teacher. Choose a date and a location for the workshop.

## Next steps

*Divide the job responsibilities among members of your workshop planning team. You will need someone to...*

- prepare a short oral presentation for parents on why snacking is important.
- choose easy-to-prepare, low-cost snack recipes. (Use Team Nutrition recipes!)
- determine how you will pay for and purchase food for snacks.
- conduct the hands-on, snack-making portion of the workshop. Don't forget to taste!

Once you know what your presentation will consist of, develop a short survey for parent participants that asks them what they liked about the workshop, what they did not like, and what else should be included next time. (See the evaluation section of this booklet, *Evaluation Tips and Tools for Team Nutrition Events*, for great ideas and sample surveys.)

## Foodservice link

*Your school foodservice director can...*

- explain to parents why healthy snacking is important.
- choose snack recipes and obtain food for the workshop, and conduct the hands-on portion of the workshop.
- promote the After-school Snack Program (if your school has one).



# ...A Workshop for Parents

## Home link

Invite friends and family members as well as parents to attend the workshop, such as grandparents, childcare providers, older siblings, and others. Send home the handout *Super Good-for-You Snacks* (see Team Nutrition Resource Link, this page).

## Classroom link

- Language Arts students can bring in a recipe for their favorite healthy, homemade snack. The teacher can assemble all the recipes into a classroom cookbook for each family. Each recipe can be coded to show the Food Guide Pyramid food group it best represents.
- Math teachers can assist students in making charts or graphs that will show which snack-foods students eat most often, Food Guide Pyramid food groups represented by snack choices, their favorite snack choices, and how many times a day (or week) students eat snacks.

## Involve your community

- Grocery stores/school food vendors can donate food for the workshop.
- Community agencies can inform parents about resources available to them that focus on nutrition, parenting education, and stretching their food dollars.
- Local businesses can put up posters to publicize the workshop.

### **Team Nutrition Resource Link:**

Use the copy-ready hand-out, *Super Good-for-You Snacks from Team Up at Home*. Download this resource at: [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn)

### **Web Link:**

[www.npin.org](http://www.npin.org)  
Visit the National Parent Information Network and search their archives for articles on nutrition and food.

### **Books for Kids:**

*The Magic School Bus:  
Inside the Human Body*  
by Joanna Cole

## Involve the media

Ask a reporter from your local newspaper to attend, take pictures of, and write an article about the workshop for publication in the family section of the newspaper.